

## Personal Journal

1-1-18

Today I am going to start a personal journal for everyone to read on the blog. It may be a little messy at times. Yes, even more so than my post have been. There may be more misspelled words as I'm doing no rewriters or spell checks. I'm just going to write down what I'm up to, what I'm doing, what I'm painting, writing, reading, watching on t.v., what I'm thinking, how I'm feeling. The only copy will be on the blog. I won't write everyday but what ever is wrote on Sunday night I will send out. I will still put in a poem here, a drawing there, maybe even a little Irish Soup ☺ and yes a Love Note. I would like for people to leave comments, it don't cost anything to say hi to let me know that someone is out there reading what I write or even gives a damn.

1-2-18

I am also going to use these pages to record my paintings as I read I'm suppose to be keeping some kind of record of everything I paint ☺ My New Year's resolution this year (Do what I've been doing only don't get caught or caught up). Part of being a convict is staring at adversity and telling everyone to get out of your way because come hell or storm I'm gonna make it through. It's only rolling out of bed and putting on my boots in the mornings even when I don't feel like it. I want to apologize to everyone I've harmed. I'm truly sorry.

## Personal Journal

1-3-18

Stonewalling: stonewalling is a common way for people to exert power. It is intentionally ignoring a person or leaving that person without attempting a resolution. Someone who is stonewalling often believes that he or she is helping the relationship by avoiding the conflicts; however, the behavior leaves the other person feeling alone, isolated, and helpless. No one else knows what or how I feel or how I think about things - this is my world, it is private and subjective. Here inside my soul there is a never-ending, ever-pulsing sea of reactions, reflections, feelings, and thoughts that are personal. I did get a B-day & Xmas card from Mel. It feels good to know that someone still loves you no matter what. Love you my sister my friend.

1-5-18

I've been having a lot of trouble with my arthritis for awhile now - can't hardly use my hands most days. The last few days my right wrist. There are medications for arthritis and I've been on the list to see a rheumatologist for 4 months - it took me years just to get on the list. Not much going on around here. I started a painting of a lighthouse on Christmas day but every time I pick up a brush my fingers start hurting. I haven't heard from anyone since Mel's Xmas card so I have no news from anyone. I can't even hold my coffee cup in my right hand right now. "smile."

1-7-18

Not much going on, we locked down for the week-end - searched - got a celly Friday, he parolee tomorrow - hands feel better today. I continuously tell myself 'I told you so'